

Tofu Eggless Salad

Makes: 8 servings

Ingredients

- 1 pound** tofu (firm)
- 1/2 cup** scallions (diced)
- 1/2 cup** celery (diced)
- 1/2 cup** carrot (diced)
- 6 teaspoons** yellow mustard
- 1/2 teaspoon** turmeric
- 1 teaspoon** onion powder
- 1 teaspoon** garlic powder
- 1/2 cup** mayonnaise (low-fat)

Directions

1. Drain tofu. Wrap in layers of paper towels to dry.
2. Place a heavy object on top of tofu (like a skillet) and let it sit while you prepare other ingredients.
3. Wash and dice vegetables, if desired.
4. Mash tofu well with fork. Stir in spices and mayonnaise. Then gently stir in vegetables.
5. Use as a sandwich spread or serve on a bed of crisp greens.

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	160 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Tip: Use a variety of chopped vegetables for different tastes and textures.

Source: University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health